

Title: MEDITATION

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THE IMPORTANCE OF MEDITATION

The importance of meditation becomes noticeable when people of all ages admit that they are living a better, more peaceful life since they started to seek communion with the Serpent of Order. To apply the power of meditation to one's life, young student, obey the rules and follow them as they are written in this manual. I have gathered some guidelines that are easy to understand, so that thou mayest begin with these relaxing exercises without having to investigate any further.

1: Find thyself a place where thou wilt not be disturbed by anyone or anything.

2: Carefully spread the Mat of Meditation on the floor. Use only the prepared mats, for they are imbued with special powers to aid meditation.

3: Kneel and close thine eyes.

4: Concentrate on breathing very slowly and deeply.

5: Begin repeating the mantra "Issit."

6: Do not speak.

7: Do not let anything interrupt thee.

8: Continue with the mantras until thou dost feel total peace of mind.

These lessons will lead thee to a much higher level of meditation. They will prepare thee for the climax of the Test of Discipline.